

**Amendments to the Claims:**

The listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1.- 8. (Cancelled)

Claim 9. (New) A motor vehicle seat comprising:

a seat height adjustment device configured to adjust a first part of the motor vehicle seat in relation to a second part of the motor vehicle seat; and

at least one crash element that is disposed between said first and second parts of the motor vehicle seat, and at least impedes movement of the first part relative to the second part in the event of a collision; wherein,

the crash element comprises a piston-cylinder unit, the piston being connected to the first part of the motor vehicle seat and the cylinder being connected to the second part of the motor vehicle seat; and

an opening is provided in a cylinder wall of the cylinder, through which a toothed blocking element of a blocking device can be engaged in a

blocking manner with a tothing formed on the piston, at least in the event of a collision.

Claim 10. (New) The motor vehicle seat as claimed in Claim 9, wherein the cylinder is rotatably mounted on the motor vehicle seat via a mounting point formed on the cylinder.

Claim 11. (New) The motor vehicle seat as claimed in Claim 9, wherein the mounting point of the piston on the first part of the motor vehicle seat is at the same time a mounting point for a belt buckle.

Claim 12. (New) The motor vehicle seat as claimed in Claim 9, wherein the blocking device is arranged on the outside of the cylinder.

Claim 13. (New) The motor vehicle seat as claimed in Claim 9, wherein the blocking element is actuated mechanically, pyrotechnically, electrically or electromagnetically.

Claim 14. (New) The motor vehicle seat as claimed in Claim 9, further comprising a collision sensor or pre-collision sensor is provided to move the blocking element to its blocking position in the vent of a collision or a pre-collision.

Claim 15. (New) The motor vehicle seat as claimed in Claim 9, wherein:

the blocking element is permanently in its blocking position; and

the blocking element moves to a non-blocking position only in the event of a seat height adjustment.

Claim 16. (New) The motor vehicle seat as claimed in Claim 9, further comprising at least one locking element that is triggerable to fix the blocking element in its blocking position.

Claim 17. (New) A height adjustment device for a motor vehicle seat having first and second parts which are movable relative to each other, said height adjustment device comprising:

at least one crash element that is disposed between said first and second parts of the motor vehicle seat, and at least impedes movement of the first part relative to the second part in the event of a collision; wherein,

the crash element comprises a piston-cylinder unit, the piston being connected to the first part of the motor vehicle seat and the cylinder being connected to the second part of the motor vehicle seat; and

an opening is provided in a cylinder wall of the cylinder, through which a toothed blocking element of a blocking device can be engaged in a blocking manner with a toothing formed on the piston, at least in the event of a collision.

Claim 18. (New) The height adjustment device according to Claim 17, wherein:

said first part is mountable to a floor of the vehicle; and

said second part is mountable to a cushion of said vehicle seat.

Claim 19. (New) The height adjustment device according to Claim 17, wherein:

said second part is mountable to a floor of the vehicle; and

said first part is mountable to a cushion of said vehicle seat.

Claim 20. (New) The height adjustment device according to Claim 18, wherein a mounting point of the second vehicle part also forms a mounting point for a vehicle seat belt.

Claim 21. (New) The height adjustment device according to Claim 19, wherein a mounting point of the first vehicle part also forms a mounting point for a vehicle seat belt.